

# THE RIGHT FIT - GROUP CLASSES WITH HARRIET

AUTUMN 2024

<p><b>MONDAY 09:00 - 09:50</b></p> <p><b>CARDIO &amp; STRENGTH</b></p> <p><b>PAVILION</b></p> <p><b>13 CLASSES: 09/09/24 - 16/12/24</b> <b>No classes half term 21/10 + 28/10</b></p> <p><b>£130</b></p>	<p><b>WEDNESDAY 09:00 - 09:50</b></p> <p><b>MOBILITY &amp; TONE</b></p> <p><b>PAVILION &amp; ZOOM</b></p> <p>Recording emailed post class</p> <p><b>15 CLASSES: 11/09/24 - 18/12/24</b> <b>Half term runs as usual</b></p> <p><b>£150</b></p>	<p><b>FRIDAY 09:00 - 09:50</b></p> <p><b>CARDIO &amp; STRENGTH</b></p> <p><b>PAVILION</b></p> <p><b>15 CLASSES: 13/09/24 - 20/12/24</b> <b>Half term runs as usual</b></p> <p><b>£150</b></p>
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## **CARDIO & STRENGTH**

Improve your strength & cardiovascular fitness with a fat-burning, high intensity, fun workout. Mixed abilities can workout together and challenge themselves at their level.

## **MOBILITY & TONE**

Improve your mobility/flexibility and tone key areas with gentle, low-impact exercises. Mixed abilities can workout together and challenge themselves at their level.

## **INFORMATION, TERMS & CONDITIONS**

- \* You're required to sign up for the whole term (sorry no drop ins possible as I need to know maximum number of attendees per session).
- \* No refunds can be given for non-attendance (but where class is on Zoom, a video of the workout will automatically be emailed to you to do at your leisure from home).
- \* Only the person who has signed up can attend (it's not possible to transfer your place to someone else unless by prior arrangement in exceptional circumstances)
- \* Where the number of sign ups is too low to run the class, we reserve the right to cancel the class and refund
- \* You must be free from illness and injury to attend classes and must have completed an "Informed Consent and Readiness for Exercise Form" before you begin (Harriet to provide before your first session)
- \* It is your responsibility to stay within the safe parameters of your own fitness level and capability whilst exercising with us
- \* We recommend a 1:1 Personal Training session with Harriet in advance of you starting classes

## **TO SIGN UP FOR THE TERM:**

1. Pay the fee via bank transfer to The Right Fit Ltd, sort 51-81-22 account number 86291831 or by cash
2. Email [harriet@therightfit](mailto:harriet@therightfit) "I have paid for class X"
3. I will email you a receipt of payment and confirmation that you're in the class

Any questions, please mail me on [harriet@therightfit.co.uk](mailto:harriet@therightfit.co.uk) or call/text on 07769 037159

**THANK YOU FOR TRAINING WITH ME!**